



**UNIVERSAL ATHLETICS CLUB  
MEMBER INFORMATION HANDBOOK**

Developed February 2016

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## WELCOME

Universal Athletics is happy to welcome you, either as a returning or a new member.

**Universal Athletics Club** is registered under the BC Societies Act, BC Athletics, and Athletics Canada. UAC is a community oriented, voluntary, professionally coached, non-profit, competitive Athletics Club for ages 6 and older.

### **Universal Athletics is located in Surrey, BC.**

**Our outdoor track and field training location is at North Surrey Secondary 15945-96 Avenue Surrey.**

Indoor training during the winter months is based at:

- Pacific Academy 10238 168 Street, Surrey, BC, and GAD Elementary. 13479 - 77th Avenue, Surrey
- Cross Country and fitness training is done at Watershed Park, 64<sup>th</sup> and 120 St Delta.
- The Club uses Universal Fitness Centre for indoor strength conditioning and fitness work.

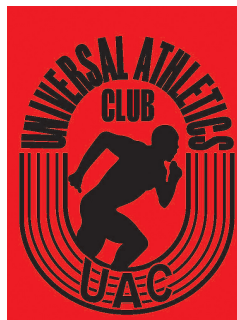
The Universal Track and Field Meet is held annually on the Canada Day Weekend in July at Bear Creek Park, Surrey BC., located at 88<sup>th</sup> Avenue and the King George Highway.

Club website: <http://www.universalathletics.ca>

Contact phone number: 604.763.4232

Contact: Jessie Dosanjh, [unisports2000@hotmail.com](mailto:unisports2000@hotmail.com)

Mailing address: Universal Athletics Club  
8585 132 Street  
Surrey, BC V3W 4N8



## HISTORY OF UNIVERSAL ATHLETICS

Universal Athletics Club was founded by the three Dosanjh Brothers, Pavitar, Jessie, and Kulwant. The family came from India, where they were all outstanding national athletes, and they brought their passion for the sport to Canada. Their long term goal was to start a club which would provide athletes training in the sport of Athletics.

This dream became a reality in 2000 when a Senior Indian National Coach, Joginder Singh Tiger arrived in Canada, and became the first coach of the club. The first practice had three athletes and 20 observers! Although Coach Tiger has now retired, he is honoured as a guide and leader. Many other coaches and athletes are now testament to the vision of a dedicated group.

UAC quickly developed into a provincially well known and respected Club, and currently provides a nurturing environment for all ages interested in fitness and sport. UAC supports athletes to compete at their personal best, from novice youngsters to those at an International level.

## GUIDING PRINCIPLES

Universal Athletics will provide the following opportunity for athletes:

- Introduce fun and creative programs for basic skill development (running, jumping, and throwing programs)
- Help develop a positive self- image
- Develop and improve fitness level
- Reduce anti-social behaviour
- Develop a sense of community and support for athletes and families
- An opportunity to compete locally, provincially, nationally and internationally
- To create an opportunity to achieve excellence in the sport of Track and Field

Universal Athletics is a registered member of BC Athletics and Athletics Canada

***Athletes and families are representing Universal Athletics at all times; they are expected to show respect and conduct themselves in a manner to be a credit to their Club.***



## Coaches

**JESSIE DOSANJH:** HEAD COACH Sprints/Hurdles

IN THE NEWS:

Profiles of Excellence

<http://www.thenownewspaper.com>

Jessie Dosanjh is a founding member of the Universal Athletics Club and has been coaching since 2000. A Level 3 coach in sprinting and hurdling, Jessie was a Coach of the BC Team in 2010 and 2013 in sprinting and hurdling at the Youth National Championship. His specialty is in conditioning with emphasis on power and speed training. Jessie has developed many elite athletes including provincial and national champions.

In 2015 Jessie was honoured as the BC Athletics Executive of the Year, and a City Of Surrey Volunteer of the Year Award.

**IULIANA KROEGER:** Head Junior Development Coach

Iuliana was born and raised in Romania where she competed at the national level in hurdles, long jump and heptathlon. She holds a Bachelor's degree in Physical Education and Sports, with specialization in track and field from the National University of Phys-Ed and Sports Bucharest (UNEFS). Iuliana is a Level 3 Track and Field coach in Romania and holds a Canadian Level 2 certification. She is a BC fitness trainer, weight trainer and personal trainer.

Iuliana has tremendous passion in developing athletes' skills and enhancing their abilities to the highest level. She also uses the sport of track and field as a tool for their personal development.

**KULWANT DOSANJH:** Throws Coach

A founding member of UAC, Kulwant has been coaching with Universal Athletics Club since 2005. He has been involved in Athletics since the age of nine, participating in many events, and was previously an elite 400m hurdler in India during his university years. Dedicated to his athletes, Kulwant has developed numerous high achieving throwers, including provincial champions.

**PETER RADDATZ:** Jumps and Sprints Coach

Peter has extensive coaching experience, with over 20 seasons at South Fraser Track and Field Club, where he was previously Head Coach. He was the BC Team Coach at two Legion Championships. Certifications include Level 3 Sprints & Hurdles, Level 3 Jumps and Level 2 Throws and Level 2 Distance.

Peter has had 100+ athlete entries in the BC All Time Top Ten Book (Sprints, Hurdles, Horizontal Jumps, Throws & Pentathlon)

Peter has sent multiple athletes to BC Summer Games, BC High School Championship, Canadian Legion Championship, World Youth Championships, Canadian Juniors Championships, World Champs for Special Olympics,

**BRUNO GARTNER:** Middle Distance/Long Distance/Cross Country Coach

A longtime coach with UAC, Bruno has helped develop numerous middle-distance and cross country athletes. He is currently an outstanding Master athlete himself, and is a role model for the concept of Track and Field as a lifetime sport.

**SABRINA NETTEY:** Track Rascals and Junior Development Coach

Sabrina is a certified Level 1 Coach and Official.

An athlete since she was 9, Sabrina is a sprinter and Long Jump Specialist, with a personal best 6.32m in LJ. Sabrina was a multiple medalist during her high school and university years, and was named the 2014 Canadian Inter-University Sport Female Athlete of The Year, and continues to train in the Long Jump.

**Komi Chandi:** Track Rascals and Junior Development Coach

Komi was a member of UAC when it was founded in the early 2000's and has returned to the club as the Track Rascals and Junior Development coach, and has been certified as a level 1 coach by the NCCP. He is currently attending UBC where he is pursuing a degree in Chemical Engineering. His goals as a coach are to focus on the development of fundamental track and field skills while creating a positive environment for long term athlete development.

**JASMINE GILL:** Track Rascals and Junior Development Coach

Jasmine joined UAC in 2010 and is currently attending SFU on academic and track scholarships, where she is majoring in pre-med. A provincial silver medalist in the 800 and 400, Jasmine is a NCCP level 1 Coach. Her goals: develop basic run, jump, throw skills which will guide the athletes towards reaching their personal best while having fun!

**GAGGANDEEP NIJJAR:** Track Rascals and Junior Development Coach

**CHITRAJ DOSANJH:** Track Rascals and Junior Development—Throws Coach

**JASPREET GILL:** Track Rascals and Junior Development Coach

## Universal Athletics Club Board of Directors

EUSTACE NETTEY

[eustacenetthey@hotmail.com](mailto:eustacenetthey@hotmail.com)

PARVINDER BAGA

[parvinderbaga@hotmail.com](mailto:parvinderbaga@hotmail.com)

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JAGWINDER HUNDAL

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## Club Fees at UAC

Age Groups	UAC Fee		BC Athletics Fee	Total Fee
<b>Little Rascals</b> Ages 6 to 8 years Non-Competition	Fall season	\$100.00	\$16.00	\$116.00
	Winter Indoor Activities	\$100.00	\$16.00	\$116.00
	Track season	\$250.00	\$16.00	\$266.00
	Whole Year	\$400.00	\$16.00	\$416.00
<b>Junior Development</b> Ages 9 to 13 years	Cross Country	\$200.00	\$60.00	\$260.00
	Track season	\$350.00	\$60.00	\$410.00
	Whole Year	\$500.00	\$60.00	\$560.00
<b>Midget</b> 14 years	Track season	\$400.00	\$70.00	\$470.00
	Whole Year	\$600.00	\$70.00	\$670.00
<b>Midget</b> 15 years	Track season	\$400.00	\$73.00	\$473.00
	Whole Year	\$600.00	\$73.00	\$673.00
<b>Youth</b> Ages 16 to 17 years	Whole Year	\$600.00	\$94.50	\$694.50
<b>Junior</b> Ages 18 to 19 years	Whole Year	\$600.00	\$94.50	\$694.50
<b>Senior</b> 20 years and up	Whole Year	\$600.00	\$94.50	\$694.50

Cross Country/Fall season  
 Winter Indoor Activities  
 Track season

September to November  
 January & February  
 March to July

**Note:** Actual days of the start and end of each season will vary each year.  
 Registration fees are due before any activity with UAC can begin  
 Cost of registration covers all coaching and training equipment.



## Long Term Athlete Development (LTAD)

Amateur Sports in Canada are moving towards a new development model that looks at developing athletes over a longer time frame. Over the years there have been many studies asking what keeps young people in sport and what drives them out. From those studies LTAD was developed.

Put into the simplest of terms, the LTAD philosophy tries to move athletes through their development stages at their own speed. This means that as the athlete matures both physically and mentally they move to the next level. For instance, competition should not be introduced to children at too young an age. We've all heard of the teenage athlete who is burnt out at age 15 because they've been doing a single sport for 12 years.

The pressure young athletes have been put under in the past may be too much for the child. Your child may be the fastest in their class at sports day, but when they get to a track meet all of a sudden the added pressure of a "Real" race might just mentally cause them much grief. LTAD is a system that hopefully will cut down on the number of these instances in sport.

Every child is unique, but they all thrive on praise and reinforcement. We at Universal Athletics believe strongly in PERSONAL BEST, and want to support each individual athlete as they find fun and develop confidence in their abilities.

Universal Athletics is committed to LTAD and to the long-term development of athletes. It is our hope that all our athletes will be life long athletes and participate in sport into their senior years. Doing their best and learning to working hard at sport is UAC's major goal for their athletes

For complete information on the Long Term Athlete Development program and what the different stages of development are for athletes, please visit this web site. [canadiansportforlife.ca](http://canadiansportforlife.ca)

The sport of Track and Field has many goals, the following are a sample of directions an athlete may strive toward.

The following programs UAC offers will start athletes on the road to a lifetime of sport.

## **LITTLE TRACK RASCALS**

### **AGES 6 TO 8 YEARS**

Universal Athletics Club offers a comprehensive fundamental athletic training program to begin teaching young children agility, balance, coordination and speed. Following the program allows young athletes to incorporate physical activity as an essential component of their daily routine throughout life. This program is an introduction to structure in their daily play without the stress of competition.

**LOCATION:** Either indoors at a local gym or, outside at the North Surrey School Track.

**SCHEDULE:** Training is available two days per week from September to July.

**EVENTS:** Some Track and Field Meets will have non-scored, non-competitive events for this age group.

Rascals = FUN!

## **JUNIOR DEVELOPMENT**

### **AGES 9 TO 13 YEARS**

Building on the initial Little Track Rascals training program, Junior Development offers the Universal athlete the chance to begin technical training for competition in a wide variety of track and field events offered by BC Athletics. Physical development is continued. Additionally, the athlete is trained in running, jumping, and throwing events to see where their specific talents lie.

**LOCATION:** Either indoors at a local training gym or outside at the North Surrey School Track.

**SCHEDULE:** Training is three days per week from September to July.

**COMPETITION OPPORTUNITIES:** Athletes at this stage will be given the opportunity by their coaches to enter into specific competitive events where the athlete has the opportunity to learn how to compete and represent the Universal Athletic Club at Sanctioned Track Meets both in Cross Country and Track & Field events.

## MIDGET

### AGES 14 TO 15 YEARS

At this stage formal weight training is introduced to help the athlete develop general strength. Planned training and competition modeling is introduced, and the program becomes more structured with a defined taper and peak in the season. This requires ongoing individual evaluation and modification by the coaches. Introduction to event area specific training begins at this time. Protocols are developed to identify the athlete's specific strengths and weaknesses. Event area specialization occurs.

**LOCATION:** Either indoors at a local training gym or outside at the North Surrey School Track.

**SCHEDULE:** Training is three to four days per week from September to July.

**COMPETITION OPPORTUNITIES:** Athletes in the Midget category continue to learn how to train and compete at a higher level. They are introduced to trying out for teams and making standard. The BC Summer Games are held every 2 years and teams are made up of athletes from “Zones” as laid out by the BC Games. For more information about the BC Games [Click Here](#)

15 year olds who make standard may be invited to join the BC Team that will travel to the Canadian Legion Championships. The “Legions” are held every year somewhere in Canada. Athletes in this category represent and compete for UAC at club meets and for their High School in school meets. UAC encourages athletes to be part of their High School team but warn them about over training. Communicating High School training/competing schedule with your club coaches is highly encouraged.

## YOUTH

### AGES 16 TO 17 YEARS

At this stage formal weight training is introduced to help the athlete develop general strength. Planned training and competition modeling is continued, and the program becomes more structured with a defined taper and peak in the season. This requires ongoing individual evaluation and modification by the coaches. Introduction to event area specific training begins at this time. Protocols are developed to identify the athlete's specific strengths and weaknesses. Event area specialization occurs.

**LOCATION:** Either indoors at a local training gym or outside at the North Surrey School Track.

**SCHEDULE:** Training is three to four days per week from September to July.

**COMPETITION OPPORTUNITIES:** Youth athletes who make standard may be invited to join the BC Team that will travel to the Canadian Legion Championships. The “Legions” are held every year somewhere in Canada. Athletes in this category represent and compete for UAC at club meets and for their High School in school meets. UAC encourages athletes to be part of their High School team but warn them about over training. Communicating High School training/competing schedule with your club coaches is highly encouraged.

## **JUNIOR**

### **AGES 18 TO 19 YEARS**

Strenuous training continues at this stage, with the coaches actively working to help the athlete exceed his or her ability through enhancement of strengths and continual improvement on weaknesses. Event specialization continues.

**LOCATION:** Either indoors at a local training gym or outside at the North Surrey School Track.

**SCHEDULE:** Training is five to six sessions per week from September to July.

**COMPETITION OPPORTUNITIES:** Junior athletes who make standard may be invited to join the BC Team that will travel to the Canadian National Championships. Championships are held every year somewhere in Canada. Athletes in this category represent and compete for UAC at club meets and 18 year olds for their High School in school meets. UAC encourages athletes to be part of their High School team but warn them about over training. Communicating High School training/competing schedule with your club coaches is highly encouraged.

## **SENIOR**

### **AGES 20+ YEARS**

Strenuous training continues at this stage, with the coaches actively working to help the athlete exceed his or her ability through enhancement of strengths and continual improvement. Event specialization continues.

**LOCATION:** Either indoors at a local training gym or outside at the North Surrey School Track.

**SCHEDULE:** Training is six to nine sessions per week from September to July.

**COMPETITION OPPORTUNITIES:** Senior athletes who make standard may be invited to join the BC Team that will travel to the Canadian National Championships. Championships are held every year somewhere in Canada. Athletes in this category represent and compete for UAC at club meets

## **MASTER**

Training Plans for masters (ages 35+) are individually created

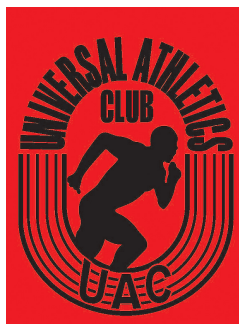
# Responsibilities

## ATHLETES

- Practice the value of teamwork, pride, and dedication
- Show good sportsmanship towards other athletes and respect for officials and coaches.
- Remember to say thanks and shake the hand of officials at the conclusion of competition.
- Be regular and punctual for practice. Always do your best.
- Notify the coaches of any injury, illness, or any other special consideration
- Respect the decisions made by club officials and coaches
- Put maximum effort into each training session.
- Keep a record of personal performances
- To participate in all meets sponsored by UAC
- Athletes are expected to follow the BC Athletics Code of Conduct

## PARENTS AND FAMILY

- Provide a loving and supportive environment and be a positive role model
- Respect the decisions made by club officials
- Support the club organizers and coaches in every way possible.
- Assist the coaches at training sessions and at the local competitions
- Provide and promote a healthy lifestyle in the home
- Provide competitive opportunities to athletes at the appropriate levels
- Encourage athletes to focus on personal best, competitions, goals, and expectations
- Be respectful of all BCA Officials. Show them appreciation with your thanks
- Assist with the annual Universal Track and Field Meet
- Families are expected to follow the BC Athletics Volunteer and Spectator Code Of Conduct



## **UAC Track and Field Meet**

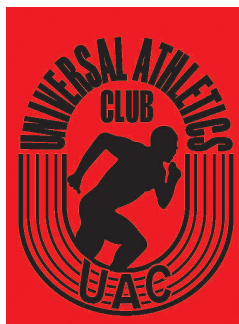
The Universal Track and Field Meet is held the first weekend in July every year, coinciding with Canada Day. Our meet is a respected and well attended event, and requires volunteer help from all families and athletes.

We are very honoured and fortunate to have the support of the many knowledgeable BC Athletics Officials, who will ensure the rules are fully followed, and that the competition is fair and safe. . These dedicated individuals volunteer their time to our sport, and deserve our great thanks and gratitude.

You will be assigned a duty, and expected to help throughout the weekend. You will NOT be put in charge of any event, but will be there to help the BCA Official in other capacities. For example, you might be assigned to help put the bar back up at the high jump. Or to rake a long jump pit, deliver paperwork from the start line to the finish line, deliver food and drinks, or walk groups of athletes from the ACC to the start line.

This is the only volunteer requirement asked of you throughout the year.

UAC has a provincial reputation for volunteer excellence, and we know our members are willing to support our Club through hosting hospitality.



## Track and Field Questions and Answers

Newcomers to Track and Field may find they have many questions, and need information to make their athletics experience a positive one.

Please know there are many people that will be happy to help you, and be sure to ask, either at practice, at meets, by email or phone.

Some of these UAC members will be at most meets:

<b>Jessie Dosanjh</b>	Head Coach
<b>Iuliana Kroeger</b>	Head JD Coach
<b>Kulwant Dosanjh</b>	Throws Coach
<b>Julie Sillars</b>	Club representative and parent
<b>Sue Kydd</b>	BCA Official /UAC Board member

The following may answer some of your questions:

### **How do I get UAC Information?**

A database of email addresses will provide ongoing information and announcements to registered members. Be sure you are on the list!

### **Will I get a uniform?**

A competition singlet will be issued from the Club, with a refundable deposit of 25.00. Athletes are expected to wear the UAC singlet at all club competitions.

UAC jackets/track suits can be ordered through the Club.

### **What is a track meet?**

A track meet is a one, two, or three-day event that takes place rain or shine at a stadium or outdoor track. Meets are usually at the home venue of the club or school hosting the meet.

The host will send out details about the meet to UAC in advance, and will post it on their website. UAC will then send back information on the club athletes competing in the meet.

### **What is a track event?**

Any event that takes place on the track surface is a track event. This includes sprints, hurdles, middle distance, distance, relays, race walks and steeplechase.

### **What is a field event?**

A field event is any event that takes place off the track but in areas surrounding the track, such as throws and jumps. Events such as javelin, discus, shot put, hammer, long jump, high jump, triple jump, and pole vault are considered field events.

### **Can I compete in every event?**

The events for which you are eligible are determined by your age. The BC Athletics Track and Field Events and Technical Specifications can be found at the end of this handbook.

### **What is a Personal Best (PB)?**

A Personal Best is the time, height or distance of your very best performance. It is important to keep a record of all your performances, and especially to know what your PB is for each of your events. Individual improvement is the goal; athletes need to compete against their last performance, and try to improve on their last performance.

### **How do I know my performance result?**

Results will be posted at each meet. Be sure to check your result, and if you have questions, ask your coach or a UAC representative. As well, results can be found on the host club website within a day or two of the conclusion of the meet.

### **What should I think about when signing up for events at a meet? ?**

When signing up for events at a meet, check for conflicts. Schedules will be available on the host club website. There are many events occurring at the same time, usually between a track event and a field event so athletes must be aware of the schedule. For example if two field events begin at the same time, the athlete will not be able to do both. In some events an athlete can go back and forth during field and track competition but it is not always advisable. It's a good idea to check the schedule carefully BEFORE registering in the meet.

### **How do I register for a meet?**

The club and coaches will select meets that are appropriate for competition. The coaches will have discussions with the athlete and together they will determine the events for each meet. Athletes should not over-compete at meets, and coaches work to select the correct amount of competition. Parents are not to register athletes for events not selected by the coach. Once the events are selected, the coach will send the list of events to the club register, and the club will register the athlete in the meet. The coach will notify the athlete which events they will be doing in each meet.

When you sign up for events, be sure to state your PB for each event as that will aid the organizers in placing you in the correct order of competition.

**Before the meet**, the parents (or athlete) will pay the club the events fee via the club organizer, who will be at practices.

### **Fees must be paid before the athlete competes.**

The cost varies, and is dependent on the price the host club has set for the meet.

### **Who is a BC Athletics Official?**

BCA Officials are trained and experienced judges of the competition. They volunteer their knowledge, time, and effort to make sure events follow the rules and are judged fairly. They are recognizable by their uniform of white shirt and will be wearing a BC Athletics name tag. Be sure to thank the officials and shake their hands.

*Always be courteous to the BCA officials. We owe them our total respect.*

If you have questions during the competition, please talk with one of the UAC coaches, Julie Sillars or Sue Kydd right away.



**What is a BC Athletics number?**

BC Athletics is our provincial parent organization, located in Burnaby BC.

[www.bcathletics.org](http://www.bcathletics.org)

Each registered member will receive a BC Athletics designated number. This number is used for identification and tracking of the member. The member carries the same number through their entire membership from 6 to 90+.

**What happens if an athlete does not compete at a meet or misses events they have signed up for?**

Because UAC pays the host club for all events, once an athlete is registered for a meet, if an athlete misses an event there will be no refund given.

**What should I do before a meet?**

The night before a meet, have a well balanced dinner. Be sure to get a good night's sleep. Eat a breakfast of simple non-fatty foods, and drink plenty of water. Do not eat a heavy meal if you will be competing within 90 minutes.

**What should I take to a Meet?**

What you bring is dependent on the weather, which is always changeable. Your UAC uniform, spikes, running shoes, blankets, warm clothes, lawn chairs, umbrellas, layers of clothing, a healthy picnic lunch and snacks, water, sunscreen, hat, and a positive attitude!

**When should I arrive at the meet?**

An athlete should arrive no less than one hour before their event is scheduled to start. Remember your warm up is your responsibility, and is crucial for maximum performance and to reduce the possibility of injury.

**When I get to a meet, what do I do?**

Locate the person assigned by UAC to collect our meet package from the organizers. Pick up your meet participant number, (bib number,) and attach it to the front of your UAC singlet. This number must be worn for all the days of that particular meet. Athletes will be given a new number for the next meet. DO NOT re-wear a number at another meet!

Check in with your coach for suggestions and advice.

Look over the area where the event information is set up to determine the event locations and starting times for each one. Find out where the events are being marshaled. Depending on the meet, the announcer MAY call age groups to the marshaling area. Do not depend on this reminder, but watch the schedule, the time, and the event.

Events are allowed to run 30 minutes early, but some times run late. You will have to keep tabs on how events are being run throughout the day.

**Will schedules be available at the meet?**

A copy of the event schedule will be available on the meet website. It is recommended that you print the schedule at home the night before the start of the meet and bring it with you. Schedules sometimes change at the very last minute.

**What should I do during the Day of The Meet?**

Hydrate! Drink lots of water (not soft drinks) throughout the day, and stay in the shade during summer dates. Keep warm on the cooler days, and wear multiple layers. Be sure to eat well, but not fatty heavy foods. Familiar high protein foods, veggies, fruit, and water are the best for competition.

UAC will either have a tent in the park, or a place in the bleachers. When you have down time, join other club members and socialize.

**What do you mean by 'being marshaled'?**

This is where all the athletes competing in a specific event gather together before the event. Typically field events marshal at the individual event area. Track events usually check in at a designated tent, the Athlete Call Centre. At high level meets, all athletes will marshal at the ACC. It is VERY important to check in for each event, or you may not be allowed to compete.

**Do events run on time?**

We hope so, but sometimes they do not. If there is an unexpected number of athletes events may run behind the scheduled time. It is not unusual to have 30 or more athletes waiting to compete in the long jump. When you consider that each athlete gets three jumps, each jump needs to be measured, and the pit raked each time, you realize how time consuming this can be. In some instances, by the rules, events can be run up to 30 minutes ahead of time –If an event is to be moved ahead it will be announced.

**In what order of age will track events be run?**

Track events almost always run oldest to youngest, but you can check the meet website to be sure. . For example, if you are 12 years old, you will run after all the older athletes, starting with the oldest age groups, which might include Masters, ages 35-100). If a track events starts at 10:00, it may be well after 11 before your age group runs.

**When should I arrive for my field event?**

In field events the start time listed is not the time to arrive, it is the time the event is scheduled to begin. You should have found your mark and warmed up by then.

**How many attempts do athlete get in field events?**

JD athletes ages 9-13 are allowed three attempts (rounds).

For 14+ older athletes the top eight competitors, after the three initial attempts, get three more and the order of athlete attempts will be based on their best attempt in the previous 3 rounds.

The exception for this is in the Vertical Jumps (High Jump and Pole Vault) at all age levels. Each athlete is given 3 attempts to clear the bar at each height. Once every athlete in the rotation has had 3 failed attempts or has cleared the bar, that round is over and the bar will be moved up and the remaining athletes will start a new round. Starting heights are usually based on the age group. Athletes do not need to start at that height nor attempt every height if they feel it's too low for them. Once the bar has been raised, (round completed,) it will not be lowered.

### **What happens if I have a conflicting track event and field event?**

This scenario happens often, but will be simplified if you and the coach carefully look at the schedule BEFORE you register for the meet, and choose non-conflicting events at that time. Sometimes on meet day you need to choose which event you would prefer to compete in, and “scratch” the other one. A scratch is a formal notification to the event official or organizing committee that you will not be competing. This should be done one hour before the competition begins. If you think you need to scratch an event, talk with your coach first. Officials will not generally hold up a field event for a track event and will never hold up a track event for the field. This is a track and field reality and you will just have to accept that things are not always going to run on schedule and you may not be able to compete in all the events you wanted to. Check in at BOTH events. In many situations, you may be able to register and get one attempt in at the field event, then run your track event and return to the field event. At this point, you may have missed a round, but may be able to get back into the round they are currently running. However, once a round is completed (all the athletes have completed their attempts,) if you have missed that round, it may not be made up. Once the event is over, it is **over**, you will not be able to compete. Please don't ask!

### **Are there other things I should know?**

The Infield is Out Of Bounds unless you have been directed there by an official. Do not cross the track when an event is in progress. Always look, just in case. Do not wander away from the area, make sure your parents or coach knows where you will be. Listen for announcements. Support the other athletes, and be a good sport and show respect at all times. Remember you are representing Universal Athletics Club.

### **What if I am ill or have an injury?**

UAC takes member health very seriously. If an athlete is ill and not able to train or compete, that athlete needs to notify the coach at once. If an athlete has an injury, he/she must speak with their coach at once. Our coaches have fitness and conditioning training, but they are not doctors, and do not give medical diagnosis. The coach may have recommendations for athletes to obtain appropriate professional treatment, or suggestions for basic first aid. If an athlete is undergoing treatment, it is vital that they keep the coach “in the loop” as to their progress.

### **What is the difference between Club Meets and School Meets?**

In BC there are two different organizations that sanction meets, BC Athletics and BC High School Sports. Elementary meets organized by schools are very seldom sanctioned. The High School T&F season usually runs from March to the start of June. Athletes wishing to compete for their High Schools must have a coach/advisor from the school, wear the school uniform and be enrolled with BC High School Sports through their school. Club Meets are organized by clubs like UAC and are sanctioned by BC Athletics. These T&F meets run from February till August. UAC athletes competing in club meets must wear the club uniform, and you must register through UAC. Talk with your coach!

**Do I have to attend every meet?**

No. Along with your coach, choose where/when you will compete, but be advised that Junior Development athletes need to compete in a championship meet (the JD Championships or JD Pentathlon Championships) and two other approved meets in order to be considered for a BC Athletics Award.

If you have signed up for a meet, but do not attend you will still be responsible for the cost of those entries. Be sure to notify your coach in this situation.

**What is a BC Athletics Award?**

At the end of the year, BC Athletics hosts a banquet to recognize those athletes that have had outstanding performances during the season. BC Athletics keeps track of all provincial performances in the Junior Development age group, which go back many years. If an athlete achieves a provincial performance they will be considered for an award. The provincial lists can be accessed on the BC Athletics Web Page. [www.bcatletics.org](http://www.bcatletics.org)

**What is a Making Standard and Making a Team?**

Making Standard is a term in Track and Field whereby organizations who are charged with choosing teams set a certain standard in events which athletes must achieve through the year in order to be considered for a team. Making standard does not mean an athlete will be chosen to participate on the team, but may apply and be considered. Other factors such as the number of athletes the organization is willing to send or a tryout may determine making a team. Organizations that use this method are BC Athletics for BC Teams and Athletic Canada for Canadian Teams.

**Who pays if an athlete makes a team and what are the costs?**

When an athlete makes a team there are extra costs involved. Currently there is a \$150.00 fee for an athlete to attend the BC Summer Games. There is a BC Athletics athlete fee if chosen to compete on a BC Team, the costs depend on age category. Once an athlete makes the team and pays the fees most other costs like travel, accommodation, meals etc will be covered by BC Athletics or the games. UAC does/does not cover or subsidize the cost of travel to meets in or outside of province.

**Does Universal Athletics recognize outstanding performances?**

Yes. The Club encourages athletes to always strive for THEIR PERSONAL BEST. At the end of the season, usually in November, we host a function and celebrate with all our athletes for their personal bests, outstanding results, effort and attitude. We also recognize coaches, officials, and honoured guests.

**What if Track and Field is not for me?**

We encourage all athletes to really give their training and competition a try. However, members can withdraw from the program up until two weeks after their starting date. The club portion of the fees will be returned, but the BCA Athletics fee is non-refundable. The member remains part of BCA for the calendar year. Once the two week trial has passed, there will be no Club refunds.

## **For Parents:**

### **How can I learn more about track and field?**

UAC highly encourages everyone to become involved. The Club needs organizers, officials and coaches. BC Athletics offers workshops in coaching and officiating, and UAC will pay the fees for members to attend. This is a good way to understand the sport, the rules, and also join a group of motivated and enthusiastic individuals, who are giving back to our sport community. Previous knowledge or experience in T&F is not a requirement!

### **What is the best advice that I can give my child who is new to Track and Field?**

Emphasize individual development (personal bests), not winning or losing. The top competitors in the world are in their mid twenties and early thirties - consider all the years an athlete needs to develop. Think of the positive aspects of training: being outdoors, having a healthy heart and lungs, positive role models, and the likelihood of new friends. Athleticism and fitness can be a lifelong skill. Celebrate the personal bests and have fun!

### **Are the fees paid to UAC eligible for the Children's Fitness Tax Credit?**

Yes, the annual fees qualify for the Fitness Tax Credit for children under 16 years of age at any time during the year effective January 1st. A tax receipt will issued before the end of the tax season.

### **Why do I have to join and pay fees to BC Athletics (BCA)?**

BCA is the provincial association that oversees the organization for T&F in BC. This entails the scheduling of events, training coaches and officials, sending teams to various championships and games across Canada. Membership in BCA provides athlete accident insurance for injuries sustained while practicing for or competing in a BCA sanctioned event. BCA is a member of the national T&F organization, Athletics Canada who in turn is a member of the International Amateur Athletics Federation. It is crucial to be associated and support these levels of organizations so as your athlete moves up the level of success he/she will have the appropriate levels of competition and keep involved for a lifetime.

## **Meets, Clinics and other Schedules/Information**

Each year members of UAC are able to attend many events that are hosted by BC Athletics, Clubs and School Sports. For most members track meets will be the focus of which schedule to use. However, for others Coaching and Officiating Clinics will be of use.

- For a full list of Meets in BC, [www.bcathletics.org](http://www.bcathletics.org), click on the Track & Field tab then Calendar & Results
- For a list of Meets suggested by UAC, [www.universalathletics.ca](http://www.universalathletics.ca)
- Check with High School coaches for their meet schedule.
- For Coaching information, [www.bcathletics.org](http://www.bcathletics.org), click on the Track & Field tab then, Coaches
- For Officiating information, [www.bcathletics.org](http://www.bcathletics.org), click on the Track & Field tab then, Officials

## BC ATHLETICS ATHLETES CODE OF CONDUCT

*In registering as an Athlete member (all types) of BC Athletics and within the context of the activities of Athletics an individual agrees to take part in a spirit of fair play, honesty and within the rules and regulations of BC Athletics, Athletics Canada and the IAAF. As such the Athlete member is expected to:*

- Compete/participate in a spirit of fair play and honesty.
- Compete/participate within the rules of Athletics.
- Avoid the use, advocating, condoning, promotion and distribution of banned substances, cases and methods as outlined in the handbook on Drug Classification published by the Canadian Centre for Ethics in Sport.
- Refrain from using tobacco products within the competition arena and/or competition area.
- Refrain from using alcohol at athletic events (Athletics and other sport activities) or in victory celebrations at the competition site and of legal age in British Columbia, consume these products responsibly in association with BC Athletics social events.
- BC Athletics has a "zero tolerance" policy with respect to the consumption of alcohol and non-prescription drugs by any athlete while a member of a BC Athletics team in a competition setting in Canada or overseas, under the age of 19, irrespective of any other legal requirements. This "zero tolerance" policy on the consumption of alcohol also applies to all BC Athletics team members (including team staff and coaches) while involved in a competition setting specifically for Junior and/or Youth athletes, regardless of the team member's age.
- BC Athletics has a zero tolerance policy for alcohol and nonprescription drugs in any BC Team Members room. Alcohol and non-prescription drugs in a Team Member's room will not be tolerated and will result in an immediate removal from the BC Team and the competition, repayment of the all costs associated with the athlete's participation on the BC Team and subject to any disciplinary measures as may be determined by the BC Athletics Discipline Panel and Board of Directors.
- Abuse of alcohol and intoxication or drug abuse will not be tolerated and will result in an immediate removal from the BC Team and the competition, repayment of the all costs associated with the athlete's participation in the competition and subject to any disciplinary measures as may be determined by the BC Athletics Discipline Panel and Board of Directors.
- Refrain from using profane, insulting, harassing or otherwise offensive language in the context of the activities of Athletics.
- Address fellow athletes, coaches, officials, volunteers, event organizers, spectators and others associated with Athletics in a courteous and respectful manner.
- Avoid providing alcohol to under age individual.
- Act in a manner that will bring credit to the Athletics Community and yourself, both within and outside the competition arena and/or competition area.
- Respect an individuals' dignity; verbal or physical behaviors that constitute harassment or abuse are unacceptable. (Please refer to the BC Athletics Harassment Policy)
- Ensure the safety of others when taking part in your Athletics activity.

Individuals registering as Athlete members of BC Athletics are advised that by doing so they are agreeing to adhere to this and other policies, rules, regulations, by-laws and constitution of BC Athletics, Athletics Canada and the IAAF.

## BC ATHLETICS - SPECTATOR CODE OF CONDUCT

*BC Athletics is committed to ensuring that all athletes have the opportunity to participate in a safe and enjoyable environment that is encouraging to all, enabling athletes to achieve personal best performances, and promoting overall development of our sport. We have strong values of fair play, integrity, mutual respect, safety, graciousness, and sportsmanship. Spectators are expected to conduct themselves in a manner which supports the values of our organization, and encourages the development of all athletes on and off the competition area.*

### Do:

- Cheer for all athletes in a positive manner, modeling good sportsmanship, and fair play.
- Show respect to all individuals, treating everyone with courtesy, including but not limited to athletes, coaches, officials, volunteers, other spectators and parents.
- Present any protest or disagreements via the correct avenue and in a respectful manner.
- Acquaint yourself with the rules and correct appeals procedures for track and field competitions.
- Promote respect and appreciation for all coaches, officials and volunteers at any event or practice, and encourage others to do so.
- Thank officials after each event, and ensure your athlete does the same. A handshake goes a long way in the promotion of good sportsmanship.
- Model sportsmanship, respect and courtesy for all athletes and spectators.
- Have realistic expectations for performance outcomes.
- Encourage participation by athletes. Promote emotional and physical well-being.
- Volunteer your time at an event when help is required.

### Do Not:

- Engage in profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive behavior.
- Demean or ridicule any athlete who has not met your expectation.
- Use physical force, or engage in verbal abuse, or violent acts of any kind.
- Partake in the unlicensed use of alcohol or the illegal use of drugs at an Athletics Event.
- Coach any athlete during an event, unless you are the personal or team coach for that athlete.
- Intrude into the competition area.

Thank you from the Athletes, Officials, Coaches, Parents and Other Spectators

## BC ATHLETICS VOLUNTEER CODE OF CONDUCT

An individual who accepts the position of VOLUNTEER within the context of the activities of Athletics, agrees to accept the responsibilities as outlined to them and will complete the duties for the agreed to period. As a volunteer in Athletics your role is critical to the success of any activity and in carrying out the assigned responsibilities you are expected to:

- Refrain from using tobacco products within the arena and/or competition area and only in designated areas if such are provided.
- Refrain from entering the competition area and/or arena under the influence of alcohol.
- Be prepared to do the job assigned to you.
- Work in a spirit of cooperation with other volunteers/officials and do not interfere in any way with their duties and responsibilities.
- Act in a manner that will bring credit to the Athletics Community and yourself, both inside and outside the competition arena and/or area.
- Volunteers are not to encourage athletes to consume drugs, alcohol or intoxicants.
- Be courteous to fellow volunteers, officials, athletes, coaches and the general public.
- Refrain from the use of threatening, obscene, abusive or vulgar language to fellow volunteers, officials, athletes, coaches and the general public.
- Treat everyone fairly within the context of their activity regardless of a person's culture, color, ancestry, nationality, age, political beliefs, religion, family status, physical or mental disability, gender or sexual orientation.
- Refrain from public criticism of fellow volunteers, coaches, officials or athletes.
- Refrain from harassing any individual or engaging in any unwelcome visual, verbal or physical conduct.
- Project a positive and enthusiastic attitude towards the event, the sponsors, supporters and the job assigned, approaching these duties with a professional attitude.
- Be courteous, cooperative and discreet.
- Carry out your duties willingly, fairly and impartially.
- Report for the assigned duty on time, be well groomed.
- Respect the athlete's dignity; verbal or physical behaviours that constitute harassment or abuse are unacceptable. (Please refer to the BC Athletics Harassment Policy)

Individuals Volunteering for position in BC Athletics sanctioned/approved activity/competition are advised that by doing so they are agreeing to adhere to this and other policies, rules, regulations, by-laws and constitution of BC Athletics, Athletics Canada and the IAAF.



## Events from BC Athletics Events & Technical Specifications

The following tables indicate events athletes of different gender/age groups are allowed to compete in. UAC coaches will train athletes in the events for which they qualify and are suited to.

- In hurdle races athletes will use different heights of hurdles as well as distances.
- In throwing events athletes will use different sizes and weights depending on their age.

### 4.1 Junior Development (JD) Age Group

The following section pertains to athletes in the Junior Development age group. For further information concerning this age group, please consult the Junior Development (JD) Manual. **Please note that BC Athletics is currently reviewing indoor track & field events and technical specifications. Please contact BC Athletics for more information.**

#### a. Events

TABLE 4.1A - Junior Development Track & Field and Race Walking Events											
Age Group	Tyke		Pee Wee		Pee Wee		Bantam		Bantam		
Age	9		10		11		12		13		
Gender	F	M	F	M	F	M	F	M	F	M	
Events	60m	•	•	•	•	•	•				
	100m	•	•	•	•	•	•	•	•	•	•
	200m					•	•	•	•	•	•
	300m							•	•	•	•
	600m	•	•	•	•	•	•				
	800m							•	•	•	•
	1000m	•	•	•	•	•	•				
	1200m							•	•	•	•
	2000m									•	•
	60mH	•	•	•	•	•	•				
	80mH							•	•	•	•
	200mH							•	•	•	•
	800mRW	•	•	•	•	•	•	•	•		
	1500mRW									•	•
	4 x 100m Relay	•	•	•	•	•	•	•	•	•	•
	1200m Medley Relay					•	•	•	•	•	•
	High Jump	•	•	•	•	•	•	•	•	•	•
	Long Jump	•	•	•	•	•	•	•	•	•	•
	Triple Jump									•	•
	Pole Vault									•	•
	Shot Put	•	•	•	•	•	•	•	•	•	•
	Discus			•	•	•	•	•	•	•	•
	Javelin			•	•	•	•	•	•	•	•
Hammer							•	•	•	•	
Pentathlon	•	•	•	•	•	•	•	•	•	•	

**LEGEND:** H = Hurdle Events | RW = Race Walk | 1200m Medley Relay = 200m, 200m, 200m, 600m

#### b. Track Event - Junior Development

- i. Junior Development False Start Rule - One (1) false start by an athlete in a race shall be charged to all athletes in that specific race. A second (2nd) false start shall result in the disqualification of the athlete.
- ii. Starting Blocks are not used for the Junior Development age group, ages 9-13 years of age.

4.2 Athlete Development - Midget (14-15) to Senior (20+) - Age Group

a. Events

See events below. Also, please note that BC Athletics is currently reviewing indoor track & field events and technical specifications. Please contact BC Athletics for more information.

Age Group	Midget		Youth		Junior		Senior	
	14/15		16/17		18/19		20+	
Age	F	M	F	M	F	M	F	M
100m	•	•	•	•	•	•	•	•
200m	•	•	•	•	•	•	•	•
300m	•	•						
400m			•	•	•	•	•	•
800m	•	•	•	•	•	•	•	•
1200m	•	•						
1500m			•	•	•	•	•	•
2000m	•	•						
3000m			•	•				
5000m					•	•	•	•
10,000m						•	•	•
80mH	•							
100mH		•	•		•		•	
110mH				•		•		•
200mH	•	•						
400mH			•	•	•	•	•	•
1500mSC	•	•						
2000mSC			•	•				
3000mSC					•	•	•	•
1500mRW	•	•						
5000mRW			•	•				
5 Km RW			•	•	•	•		
10 Km RW					•	•	•	•
20 Km RW							•	•
50 Km RW								•
4 X 100m Relay	•	•	•	•	•	•	•	•
4 X 400m Relay	•	•	•	•	•	•	•	•
High Jump	•	•	•	•	•	•	•	•
Long Jump	•	•	•	•	•	•	•	•
Triple Jump	•	•	•	•	•	•	•	•
Pole Vault	•	•	•	•	•	•	•	•
Shot Put	•	•	•	•	•	•	•	•
Discus	•	•	•	•	•	•	•	•
Javelin	•	•	•	•	•	•	•	•
Hammer	•	•	•	•	•	•	•	•
Pentathlon	•	•						
Heptathlon			•		•		•	
Decathlon				•		•		•

LEGEND: H = Hurdle Events | RW = Race Walk | SC = Steeplechase | 1200m Medley Relay = 200m, 200m, 200m, 600m

b. Track Events

- i. For the Midget age group and older, the IAAF False Start Rule shall be in effect [IAAF Rule 162.6]. One (1) false start and the athlete is disqualified. The BC High School Track & Field Rules will also include this rule.
- ii. Starting Blocks shall be used for the Midget age group and older.